

# LOOK OUT FOR ed's SPECIAL EVENTS

CATER<sup>ed</sup>



ROYAL WEDDING STREET PARTY  
18.05.18



ED'S BIG LUNCH  
04.06.18



WORLD CUP FOOTBALL FINAL  
13.07.18



WORLD MARITIME DAY  
21.9.18



WORLD SPACE WEEK  
10.10.18



## STAY UP TO DATE



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Follow: @cateredplymouth

At CATER<sup>ed</sup>, we pride ourselves that the majority of the food we serve is cooked from scratch every day, making Ed's lunchtime menu truly awesome! Because we use fresh, local, seasonal and organic ingredients we're also supporting local growers and farmers and the regional economy whilst we keep an eye on our eco-footprint.

We use:-

- Locally caught and landed Pollock
- Free range eggs (including in our mayonnaise)
- Organic milk
- Fairtrade apple juice
- Locally-sourced yoghurts
- Organic herbs
- Oily fish in our fishcakes
- No fried food
- Fairtrade sugar
- Organic wholemeal flour
- Seasonal fresh vegetables and fruit (which may vary due to availability)

### Tell Ed!

We want to know what you think about our food so if you have any questions, comments or want to send us some recipe ideas contact us on 01752 307187 or by email [catering@catered.org.uk](mailto:catering@catered.org.uk)



We are working to reduce the refined sugar content in all our recipes and where possible replacing sugar with honey. We have signed up to 'Sugar Smart Plymouth'.

For more information about school food in Plymouth please visit our pages at [www.catered.org.uk](http://www.catered.org.uk)

Did you know, all children in Reception, Year 1 and Year 2 are entitled to receive a school meal every day? This is called universal infant free school meals.

**So you can come in have a great tasting meal every day and pay Ed nothing!**

For older children, information about free school meals can be found at <http://web.plymouth.gov.uk/homepage/catered/cateredfreeschoolmeals.htm> or by calling the team on 01752 307410. **If you're buying a meal, one of Ed's super fantastic two-course meals including a drink currently costs £2.10.**

Did you know we can meet special dietary needs? Come and have a chat with the catering manager at your child's school or contact us.

**For allergen advice please ask the catering manager.**

Food Standards for school lunches came in to effect on 01 January 2015 – details can be found by following the link from our pages or by visiting [www.schoolfoodplan.com/standards/](http://www.schoolfoodplan.com/standards/)



CATER<sup>ed</sup> and Plymouth City Council support the School Food Plan Alliance



is a company jointly owned by schools across the City and Plymouth City Council serving great tasting, freshly prepared food to children and young people every day.

Company No: 9355912 | VAT No: 208 5215 29



# ed's SUPER FANTASTIC SCHOOL MEALS

April to October 2018

Ed's epic search for fresh, seasonal, organic and local food to help your child fill up and flourish at school continues.





# ed's AWESOME LUNCHTIME MENU

**WEEK 01**

**WEEK BEGINNING:** 16<sup>TH</sup> APRIL • 7<sup>TH</sup> MAY • 4<sup>TH</sup> JUNE • 25<sup>TH</sup> JUNE  
16<sup>TH</sup> JULY • 3<sup>RD</sup> SEPTEMBER • 24<sup>TH</sup> SEPTEMBER • 15<sup>TH</sup> OCTOBER

**CHOICE 1**

**CHOICE 2**

**MONDAY**

BBQ chicken pizza with herby wedges (H) (W)



Vegetable moussaka (H)



**PUDDING**

Chocolate brownie (H) and fruit, yoghurt and fresh fruit

**TUESDAY**

Pasta bolognaise with garlic bread (H) (W)



Vegetable pie and mash potatoes (H)



**PUDDING**

Banana cake (H) and fruit pieces, yoghurt and fresh fruit

**WEDNESDAY**

All day breakfast (bacon, sausage, egg, beans, tomato, hash brown) (H)



Vegetarian all day breakfast (quorn sausage, egg, mushroom, beans, tomato) (H)



**PUDDING**

Fruit jelly and ice cream by Granelli, yoghurt and fresh fruit

**THURSDAY**

Roast turkey with roast potatoes and gravy (H)



Courgette sausage with roast potatoes and gravy (H)



**PUDDING**

Apple flapjack (H), yoghurt and fresh fruit

**FRIDAY**

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Salmon fishcake with chips or pasta



Cheese and onion quiche and diced potatoes (H)



**PUDDING**

Gingerbread men (H), yoghurt and fresh fruit

**WEEK 02**

**WEEK BEGINNING:** 23<sup>RD</sup> APRIL • 14<sup>TH</sup> MAY • 11<sup>TH</sup> JUNE • 2<sup>ND</sup> JULY  
23<sup>RD</sup> JULY • 10<sup>TH</sup> SEPTEMBER • 1<sup>ST</sup> OCTOBER

**CHOICE 1**

**CHOICE 2**

**MONDAY**

Jumbo hot dog with wedges (W)



Veggie mince chilli con carne with rice (H)



**PUDDING**

Carrot cake and fruit pieces (H), yoghurt and fresh fruit

**TUESDAY**

Beef meatballs in tomato sauce with pasta (H) (W)



Meat free sausage roll with diced potatoes



**PUDDING**

Yummy fruit lollies, yoghurt and fresh fruit

**WEDNESDAY**

Southern style chicken with vegetable rice (H)



Cheese wheels with herby wedges (H)



**PUDDING**

Chocolate orange cake (H), yoghurt and fresh fruit

**THURSDAY**

Roast gammon with roast potatoes and gravy (H)



Linda McCartney sausage with roast potatoes and gravy (H)



**PUDDING**

Ice cream sundae, yoghurt and fresh fruit

**FRIDAY**

Locally caught fish fillet in a herby crust with chips or pasta (H)



Spanish omelette with chips or pasta (H) (W)



**PUDDING**

Custard biscuits (H), yoghurt and fresh fruit

**WEEK 03**

**WEEK BEGINNING:** 30<sup>TH</sup> APRIL • 21<sup>ST</sup> MAY • 18<sup>TH</sup> JUNE  
9<sup>TH</sup> JULY • 17<sup>TH</sup> SEPTEMBER • 8<sup>TH</sup> OCTOBER

**CHOICE 1**

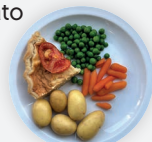
**CHOICE 2**

**MONDAY**

Chicken tikka curry with rice and naan bread (H)



Cheese and tomato quiche with new potatoes (H) (W)



**PUDDING**

Cheese and biscuits, yoghurt and fresh fruit

**TUESDAY**

Margherita pizza (H) (W)



Three vegetable pasta bake (H) (W)



**PUDDING**

Peach muffins (H), yoghurt and fresh fruit

**WEDNESDAY**

Lasagne and garlic bread (H)



Meat free pasty with herby wedges



**PUDDING**

Fruit and jelly, yoghurt and fresh fruit

**THURSDAY**

Roast chicken with roast potatoes and gravy (H)



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Fry's veggie strips with roast potatoes and gravy



**PUDDING**

Victoria sandwich (H), yoghurt and fresh fruit

**FRIDAY**

Homemade fish fingers with chips or pasta (H)



Meat free balls in tomato sauce with chips or pasta (H)



**PUDDING**

Chocolate shortbread (H) and fruit, yoghurt and fresh fruit

**CATE'S CORNER**

**Q:** Did you hear about the carrot detective?

**A:** He got to the root of every case.



**FRESH FRUIT, LOCALLY SOURCED YOGHURT. ORGANIC MILK AND FRUIT BASED DRINKS AVAILABLE DAILY. FRESH DRINKING WATER IS AVAILABLE THROUGHOUT THE LUNCH TIME PERIOD. ALL MEALS SERVED WITH SEASONAL VEGETABLES. CHICKEN ALTERNATIVES TO BEEF AND PORK AVAILABLE UPON REQUEST.**

**H = HOME MADE IN THE KITCHEN.  
W = WHOLE WHEAT INGREDIENTS.  
2 = THE VEGETARIAN LINE.**

**ed's REGULARS**

**Jacket Potatoes with:**  
Beans / Cheese / Tuna Mayonnaise & Coleslaw

**Chef's Daily Choice**

**Fresh Salad Bar**

**Sandwiches**

**available on request**

**AVAILABLE DAILY**

Did you know you can have mixed or brown rice instead of potatoes

